

DMH Connections

A publication of the Massachusetts Department of Mental Health
Office of Communications & Community Engagement
October 2009



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National Depression Screening Day: Don't Let Depression Go Too Far

Each year, almost 30,000 people die by suicide in the U.S. and 70 percent of those demonstrate warning signs or tell someone about it in advance. Friends and family members are often the best resources to prevent suicide, however, most people don't know how to recognize the warning signs of suicide, where to get help or how to help someone who may be at risk.

Screening sites statewide will join thousands of other sites across the nation offering free and confidential depression screening on Oct. 8, the 18th annual National Depression Screening Day.

"National Depression Screening Day offers the opportunity to focus attention on the concerning trend of undiagnosed depression through the creation of a safe environment where mental health professionals can identify symptoms of these illnesses among our citizens, and through appropriate treatment, return them to happier and more productive lives," said DMH Commissioner Barbara A. Leadholm.

Attend a screening

If you're feeling sad, angry, anxious or stressed, we encourage you to attend a National Depression Screening Day event in your community and get a mental health check-up. A mental health screening event offers:

- An anonymous mental health self-assessment
- Educational resources for you to take home

**DMH Office of Communications and
Community Engagement**

Anna Chinappi, Director

Questions or suggestions? Contact Anna at
617-626-8124

Please contribute to the next edition of
DMH Connections

Deadlines for upcoming issues:

October 16 for the November 2 newsletter

November 18 for the December 1 newsletter

Please send all materials to
[Michelle Cormier](#)

Department of Public Health Blog



[Click here](#) to view the DPH blog which features expert tips on nutrition and physical activity as well as a roundup of health and wellness events.

Multicultural Corner

With the recent release of the new Institute of Medicine's (IOM) report on *Race, Ethnicity, and Language Data: Standardization for Health Care Quality Improvement*, the Office of Multicultural Affairs offers this update on the Department's Interpreter Services program for FY 2009. The IOM report has three recommendations which pertain specifically to the collection of language data:

- *At a minimum, collect data on an individual's assessment of his/her level of English proficiency and on the preferred spoken language needed for effective communication with health care providers. For health care purposes, a rating of spoken English-language proficiency of less than very well is considered limited English proficiency.*



- A confidential interview with a mental health professional to discuss the results of your screening
- A list of local referral resources where you can receive treatment

What's a screening like?

First, and most importantly, all screenings are free and anonymous. The screening is an opportunity to: Learn how to recognize the signs of suicide in a friend or loved one and respond effectively

- Complete a written screening questionnaire
- Discuss the questionnaire and your results with a health professional, free of charge
- Receive a referral to a mental health provider in your community

You do not have to complete the screening questionnaire if you do not want to. You may have the opportunity to have a short meeting with a health professional to discuss your questionnaire results and/or any symptoms you or others may be experiencing. The health professional may provide you with a referral list to treatment centers in your area as a part of this meeting.

Facilities in Massachusetts providing screening for National Depression Screening Day on Oct. 8 are:

Metro Boston Area

Boston Medical Center, Merrimac Lobby, 840
Harrison Ave, Boston
617-638-8014
10 a.m. to 3 p.m.

The Danielsen Institute, 185 Bay State Road,
Boston
617-353-3047
Noon to 7 p.m.
www.bu.edu/danielsen
Metro Suburban Area

Natick Council on Aging, 117 East Central Street,
Natick
508-647-6540
4:30 to 7 p.m.

Needham Public Library, 1139 Highland Ave,
Needham
781-433-0672
3 to 5 p.m.

Needham Town Hall, 1471 Highland Ave, Needham
11 a.m. to 2 p.m.

Northeast Area

East Coast Clinical Research, 1 Water Street, Suite

- *Where possible and applicable, additionally collect data on the language spoken by the individual at home and the language in which he/she prefers to receive written materials.*

Recommendation 4-2: *The choice of response categories for spoken and written language questions should be informed by analysis of relevant data on the service area (e.g., Census data) or service population, and any response list should include an option of "Other, please specify:___" for persons whose language is not listed.*

Recommendation 4-3: *When any health care entity collects language data, the languages used as response options or categories for analysis should be selected from a national standard set of languages in use in the United States. The national standard set should include sign language(s) for spoken language and Braille for written language.*
<http://www.iom.edu/CMS/3809/61110/72796.aspx>

Through the DMH interpreter service, 2,929 interpreter appointments were made for clients with limited English proficiency throughout the state.

The majority of this service took place on DMH inpatient units, but interpreters were also used for case management meetings, outpatient services and family meetings. On inpatient units, interpreters were used for assessments, forensic evaluations, discharge planning, individual treatment, group work and ancillary medical care.

Interpreters were provided for the following 23 languages (listed in order of expenditures): Spanish, Khmer, Vietnamese, Chinese (both Cantonese and Mandarin), Portuguese, Russian, Albanian, Amharic, Cape Verdean, Arabic, Haitian, Korean, Tibetan, Lithuanian, Italian, Gujarati, Turkish, Bosnian, Ibo, Serbo-Croatian, Bengali, Somali, Hindi

If you have any questions about the DMH Interpreter Services program or if you need an interpreter, contact OMCA at 617-626-8134 or omca@dmh.state.ma.us

EOHHS Secretary Bigby to Hold Public Hearings

The Executive Office of Health and Human Services will conduct two public hearings. Secretary JudyAnn Bigby, M.D., and the Assistant Secretaries at EOHHS are looking forward to

A, Haverhill
 978-372-7252

Patients can pick up screening packets on October 8. Once they are completed and returned, they will be contacted to meet with a doctor.

Online Screening also available at: [Click here for website](#)

7:30 a.m. to 5:30 p.m.

Bridgewell Counseling Services, 35 Market Street, 2nd floor, Lowell
 978-459-0389
www.bridgewell.org
 9 a.m. to 5 p.m.

Mental Health Assoc. of Greater Lowell, 99 Church Street, Lowell
 978-458-6282
 Spanish Speaking Staff Available
www.mhalowell.org
 Noon to 2 p.m. and 4 to 6 p.m.

Western Mass Area

Baystate Franklin Medical Center, 164 High St, Greenfield
 413-773-2546
 8 a.m. to noon

For more information on National Depression Screening day, visit the National Depression Screening Site at
<http://www.mentalhealthscreening.org/>

DMH Marks Mental Illness Awareness Week

DMH Areas will host the following events in observance Mental Health Awareness Week, October 5 through 9

Central Mass Area

October 4, 2009
Candlelight Vigil
 16 Prospect St Fitchburg
 7 to 8 p.m.

October 5, 2009
"The Art of Expression II"
 Worcester State Hospital and Central Mass Area Art Show and Sale
 Located at the Worcester State Hospital Chapel, 6C
 Opening Day Monday October 5, noon to 2 p.m.
 Light refreshments to be served for the opening
 Continued showings:
 Tuesday, October 6, 9:30 to 11:30 a.m.
 Thursday October 8, 9:30 a.m. to 3:30 p.m.
 Friday October 9, noon to 3 p.m.

October 7, 2009

hearing the views of members of the community regarding the agencies under their purview.

Thursday, October 8, 2009
Reggie Lewis Center
1350 Tremont Street
Roxbury, MA 02120
1 to 5 p.m.

The hearing will tentatively be divided as follows:

1 to 2 p.m. Disabilities & Community Services - MCDHH, MCB, MRC, DDS

2 to 3 p.m. Veterans, Elder Affairs, Soldiers' Homes

3 to 4 p.m. Children, Youth and Families - DSS, DYS, ORI, DTA

4 to 5 p.m. Health Services - DMH, DPH, DHCFP, MassHealth

Friday, October 9, 2009
Holyoke Community College
Kittredge Center
303 Homestead Avenue
Holyoke, MA 01040
10 a.m. - 2 p.m.

The hearing will tentatively be divided as follows:

10 to 10:45 a.m. Disabilities and Community Services - MCDHH, MCB, MRC, DMR

10:45 a.m. to 12:30 p.m. Veterans, Elder Affairs, Soldiers' Homes

12:30 to 1:15 p.m. Children, Youth and Families - DSS, DYS, ORI, DTA

1:15 to 2 p.m. Health Services - DMH, DPH, DHCFP, MassHealth

Due to the number of individuals anticipated, oral testimony will be limited to two minutes. In the interest of time, representative panels are welcome. In addition, written testimony is strongly encouraged and may be mailed to:

Secretary JudyAnn Bigby, EOHHS
One Ashburton Place, Room 1109, Boston, MA
02108

Or emailed to:

eoahshearings@massmail.state.ma.us

Hoop Event Scores for Lindemann

Fetal Alcohol Spectrum Disorder Overview and Strategies

Presented by Enid Watson, M.Div.
1:30 to 3 p.m.
Worcester State Hospital Chapel, 6C
RSVP 508-616-2515

October 8, 2009

The Worcester State Hospital Rehab Mall Open House

Informational tables and representation by Central Mass. Area service providers

1 to 3 p.m.

Worcester State Hospital

Closing Ceremonies October 9 at 2 p.m. in the

Worcester State Hospital Lobby

Come see "The World in Central Mass," a Central Mass Area Diversity Initiative

Light refreshments to be served

Metro Suburban Area

October 7, 2009

CELEBRATING HEROES: A Community Recognition Event

1 to 4 p.m.

Newton City Hall Auditorium

Please join us in celebrating the unsung heroes of our Mental Health Community

Entertainment and Refreshments will be provided

Organized by the Peer Leadership Committee

For more information or to get involved, please

contact the Metro Suburban Recovery Learning

Community at 617-472-3237 x302

Recovery is Real Conference: Three Times a Charm

By Elizabeth Amaral and Jane Musgrave

August marked the successful third annual Recovery Is Real Conference at Taunton State Hospital (TSH) Ricky Silvia Gym. More than 200 peers, providers, family and friends attended the energizing event and celebration. Many consumers discussed the essence of recovery which is happening every day in the Southeastern Area. Elaine Campbell, Director of the Southeastern Mass Recovery Learning Community (RLC), welcomed the crowd while Elizabeth Amaral, Certified Peer Specialist (CPS) and Assistant Director to the RLC, reviewed the objectives of the day.

In one panel discussion entitled Impact of Illness, Lynne Letendre, Peer Specialist, spoke of having a feeling of relief as she now knows that the emotions she was experiencing had a name, along with deep sadness that a label had been placed on her. In a discussion entitled Life is Limited, Liz D'Uva, CPS,



The Lindemann Community Mental Health Center gym was the site of the recent DMH basketball 3-on-3 tournament, an annual event hosted by Lindemann Gym Director Bob Filmore. The annual tradition also featured shoot-outs for both men and women.

What began four years ago at Shattuck Hospital in Jamaica Plain when a staff member decided to organize a 3-on-3 outdoor basketball tournament for clients has transformed into an annual event that's become a friendly rivalry between Lindemann and Shattuck. This year, the Shattuck team traveled to the Lindemann gym. The tournament was so successful and anticipated among clients and staff, it has become an annual basketball tradition at both facilities. The winning team keeps the coveted trophy for a year.

"This year was an important win for the Lindemann since the Shattuck has won for the last two years," Filmore said. "That's why we have this ongoing rivalry between the two DMH facilities, for bragging rights!" Clients were treated to sandwiches and snacks from the Lindemann cafeteria after the game.



Join the 2009 Run for Ricky

The Department of Mental Health and the Taunton State Hospital Board of Trustees with the Friends of Taunton State Hospital will host the 11th annual Run for Ricky on Saturday, Oct. 10, 2009, at Taunton State Hospital, 60 Hodges Ave. in Taunton. In Ricky's memory, the Taunton State Hospital Board of Trustees has sponsored "Run For Ricky" road race yearly and thousands of dollars in college scholarships have been awarded in his name. The 5K race has grown into a favorite community event to benefit the Taunton State Hospital Scholarship Fund.

Ricky Silvia was a Taunton State Hospital employee who worked in the Rehabilitation Department at the hospital. On January 18, 1999, while Ricky was on his way home from work, he

spoke of this being as "good as it gets" and a sense that being on disability was her future, which she accepted. Elaine Campbell spoke of Change is Possible and the time in her life when she started to have hope. Jess Zaller, CPS, spoke of Commitment to Change and the importance of attending recovery meetings and self care. And Elizabeth Amaral, spoke of Actions for Change where she puts one foot in front of another each day in an attempt to maintain wellness. These great speakers told the crowd how the stages of recovery were non-linear since individuals go from stage to stage. Hearing examples from the panel members placed a personal story on each of the stages for attendees.

Other consumers shared their personal recovery stories, including Kara Godrick, who spoke with great courage regarding her path toward wellness; Deanna Bell, **pictured right**, CPS and Peer Liaison at TSH, who encouraged peers in the audience to volunteer at the Recovery Resource Center at TSH as a way of developing personal strength and empowering others; Sarah Buckman, who gave an inspirational account of her journey from surviving to thriving; and Joan Stevens spoke "off the cuff" of how recovery has played a role in her transformation.



TSH Patient Empowerment Committee talked about the challenge they took this summer to reopen and "recover" neglected porches at the hospital, which are on every unit in the Cain building, allowing individuals, regardless of privilege level, to have access to fresh air. Jane Musgrave, TSH Director of Rehabilitation, gave a presentation highlighting the process and displayed pictures of the success to date.

After a lively lunch, Linda Spencer, CPS and Co-Occurring disorders coordinator for CCBC's Community Based Flexible Support (CBFS) Program, started the group off with an overview of what having a dual diagnosis of mental illness and addiction is by definition and why it is crucial to treat them both simultaneously. Throughout her presentation, Linda shared some very heartfelt aspect of her personal struggle on her journey of recovery. Lynne Letendre shared her recovery story for the first time. It was a heartwarming and honest portrayal of what it is like to have an undiagnosed mental health condition while dealing with active addiction. Lynne shared how she found recovery and what a significant role that has played in her life. Willie Parks, Guiding Council Chair, also shared his struggles and successes in overcoming obstacles and the steps he takes to maintain wellness. Patrice Levesque spoke about the wellness initiative happening throughout the southeast.

heard cries from First Pond in Taunton where a youth had fallen through the ice. Ricky went onto the ice to save the youth but lost his own life in the process.

On December 20, 1999, Ricky was a recipient of one of 20 Carnegie Medals Awarded for Extraordinary Heroism in the United States and Canada. The "Run For Ricky" road race raises thousands of dollars in college scholarships funds that have been awarded in his name. The recreation building at Taunton State Hospital was named for Ricky Silvia as a memorial to his bravery and unconditional concern for others.

DMH and state agency employees can [Click here](#) to register for The Run for Ricky Road Race.

Or contact Sandy Epstein at Taunton State Hospital at 508-977-3127 to obtain a registration form or for more information.

MH Caucus Hosts State House TAY Video Screening

The Massachusetts Legislative Mental Health Caucus recently hosted a State House screening of the documentary titled "Young Adult Portraits of Culture, Diagnosis & Mental Health Recovery," produced and directed by Matthew McWade through a grant from the U.S. Substance Abuse and Mental Health Administration. The documentary shares the personal stories of young adults whose recovery has been impacted by culture and a mental health diagnosis. The Mental Health Caucus is chaired by Representatives Kay Khan and Ellen Story.

Commissioner Barbara Leadholm opened the morning with welcoming remarks; Ed Wang, Psy.D., presented an overview of the DMH Office of Multicultural Affairs; and Sid Gelb of NAMI shared information on mental health supports for youth and families of ethnic backgrounds.

After viewing five different young adult portraits, a young adult panel was facilitated by Scott Francis to allow for an interactive discussion. The panel featured four of the young adults who participated in the making of the documentary: McWade; Jonathan Bowen-Leopold, production assistant; Winston, a young adult with a Middle Eastern background; and Vanessa, a young woman with influences from the Dominican Republic.

These young adults articulately shared their experiences in making the documentary and shared their hopes that the documentary will

The conference concluded with audience participation. There is a wonderful feeling of collaboration at these events, of all individuals who attend being deeply committed to the common goals of recovery, empowerment and hope. And now on to next year's conference. A special thanks to all RLC staff and volunteers. Without your support this day would not be possible. Recovery Is Real!

Speakers who consented to be filmed and highlights of the event are available for viewing on the Taunton Local Cable TV show "The Other Side." If you are interested in viewing times, please contact The Southeastern Area RLC at 508-828-4537.

Below is contact information for the six Area Recovery Learning Communities. Please note this information has been updated since the September newsletter.

Central Mass. RLC
91 Stafford Street
Worcester, MA 01603
508-751-9600
info@centralmassrlc.org

Metro Boston RLC
Solomon Carter Fuller Center
85 E. Newton Street, 5th Floor
Boston, MA 02118
617-305-9974
info@bostonresourcecenter.org

North East RLC
c/o Jo Bower
Northeast Independent Living Program
20 Ballard Road
Lawrence, MA 01843
978-687-4288
jbower@nilp.org

Metro Suburban RLC
460 Quincy Ave.
Quincy, MA 02169
617-472-3237
info@metrosuburbanrlc.org

Western Mass. RLC
187 High Street, Suite 303
Holyoke, MA 01040
toll free 866-641-2853
info@westernmassrlc.org
www.westernmassrlc.org

Southeastern RLC
71 Main Street, Suite 100
Taunton, MA 02780

help combat stigma of mental illness and increase the understanding of mental health for young adults and their families in various cultures. An important question raised by Commissioner Leadholm regarding the role of parents during a young adult's transition and how one separates and moves toward independence but still maintains family contact led to a thoughtful discussion from the youth panelists.

Matthew McWade, Statewide Youth Coordinator, and Scott Francis, Continuing Education & Outreach Trainer from the Transformation Center have been tirelessly sharing the documentary across the Commonwealth for the past four months. This documentary, in addition to showing the impact of culture on recovery, has also provided mental health education and raised mental health awareness in many communities.

The documentary will be available soon from SAMHSA and posted on the Statewide Youth Advisory Council's (SYAC) YouTube page www.youtube.com/voiceofSYAC which contains other videos on mental health made by and featuring transitional age young adults.

DMH staff attend Disaster Behavioral Health Regional Response Coordination Workshop

Recently the Office of the Assistant Secretary for Preparedness and Response (ASPR), Office for At-Risk Individuals, Behavioral Health and Human Services Coordination held a day-and-a-half workshop, bringing together federal and state health and human service, public health, Federal Emergency Management Agency and disaster behavioral health partners for New England/Region 1.

The workshop, held in Boston, was attended by 25 regional representatives who shared information and discussed the role of disaster behavioral health and its integration into emergency preparedness and response. The workshop focused on knowledge-exchange, collaboration and identification of capabilities and gaps as they pertain to disaster behavioral health response in public health and medical emergencies, including assistance provided under Emergency Support Function #8 of the National Response Framework.

Massachusetts was represented by Ashley Pearson, DMH Director of Emergency Management Services; Louise Carcione, DMH Metro Boston Area emergency management coordinator; Elizabeth

508-880-8527

ecampbell@comcounseling.org

State Launches New Strategic Plan for Suicide Prevention

Nearly 80 people from across the Commonwealth gathered at Worcester State College last month for the launch of the new Massachusetts Strategic Plan for Suicide Prevention (State Plan). The plan's development was guided by a seven-member steering committee convened by the Massachusetts Coalition for Suicide Prevention (MCSP) with the Department of Public Health and Department of Mental Health.

"It is a remarkable document, a "living" template that will take us through many years with the guidance of the many, many stakeholders who shared their input, ideas, suggestions," said DMH Deputy Commissioner Elaine Hill, who addressed the Worcester gathering. "More importantly with a flexibility rarely seen in a strategic plan - it can be adapted to any group, organization, institution, individual and circumstance."

Deputy Commissioner Hill was joined by Senator Harriette L. Chandler (D-Worcester) who reminded attendees that suicide is a preventable tragedy. In 2007, there were 504 suicides in Massachusetts, more than the 183 deaths from homicide and 143 deaths from HIV/AIDS combined. More startling is the data for nonfatal self-injury: there were 4,305 hospital stays and 6,720 emergency department discharges for nonfatal self-inflicted injury in 2007.

Lt. Governor Timothy P. Murray has joined the suicide prevention community in supporting the strategic plan. In a cover letter for the State Plan, Lt. Gov. Murray said, "The plan approaches suicide prevention from a lifespan perspective because no age group is immune. It is the hope that the plan will bring attention to the public health problem of suicide and the reality that there is great deal that we can do to prevent it."

The State Plan provides a common point of reference for the many individuals involved in suicide prevention across the Commonwealth as well as a tool for better coordination and collaboration among the many organizations, agencies, stakeholders and survivors whose work is reflected in the plan.

The State Plan Steering Committee conducted extensive information gathering for input into designing the new plan. This included surveys, stakeholder interviews, an electronic town meeting and focus groups consisting of consumers, survivors, MCSP members, elder and veterans services

Serrallier, DPH Regional Emergency Planner for Public Health Information; and Rodrigo Monterrey, DPH Bureau of Substance Abuse Services All-Hazards Coordinator.



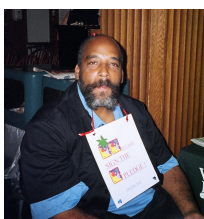
Pictured: Ashley Pearson and members of other New England states

An Activist for The Pledge for Wellness

By Peggy Moses

Sitting in a group meeting at the Metro Boston Recovery Learning Center (MBRLC) recently, Peer mental health advocate Scott Contee catches one's attention. Scott brings to the forefront in the group the issue of early mortality in people with serious mental illness. He asks, "Can The Pledge for Wellness give us hope, can there be a change?"

Scott, **pictured right**, has helped at countless signature campaigns in Massachusetts for The Pledge for Wellness. "Things shouldn't be happening, such as people with serious mental illnesses developing chronic medical conditions," said Scott.



The Pledge states: We pledge to promote wellness for people with mental illnesses by taking action to prevent and reduce early mortality by 10 years over the next ten year period. The Pledge educates people about early mortality for people with serious mental illnesses. The National Association of State Mental Health Program Directors (NASMHPD) has reported in its research that the increased mortality is largely due to treatable conditions. Many risk factors created by cardiovascular disease, smoking, diabetes, to name a few, can be lowered.

We can learn from Scott about hopefulness and enthusiasm as he approaches an event for The Pledge for Wellness. "It's a good day for The Pledge! It's a good day to collect signatures," he says. Scott's own thoughts on wellness include going to the ocean, walking in the woods with the

providers, DPH staff and staff of the Garrett Lee Smith Project Grant, a federally funded suicide prevention project focused on youth in state custody.

The purpose of the State Plan is to provide a framework for identifying priorities, organizing efforts and contributing to a statewide focus on suicide prevention over the next several years. The State Plan is designed to be accessible to all stakeholders: individuals, groups, communities, organizations, institutions and all levels of government.

State Plan Steering Committee is chaired by Ellen Connorton, MCSP policy chairwoman; members are Anna Chinappi, Department of Mental Health; Kimberly Gleason, executive director of the American Foundation for Suicide Prevention; Alan Holmlund, director of the DPH suicide prevention program; Roberta Hurtig, executive director of Samaritans, Inc.; Greg Miller, formerly of the MCSP; and Cindy Rogers, formerly of DPH.

MCSP executive committee members hope to continue the tradition of a fall kickoff event. "In addition to presenting the State Plan, this meeting served as an opportunity to bring together and connect members of the regional coalitions of the MCSP," said MCSP Co-chairman Barry Feldman, Ph.D., and director of psychiatry services in public safety at UMass Medical School Department of Psychiatry. "Our advocacy will be stronger as we expand our efforts in all regions of the commonwealth."

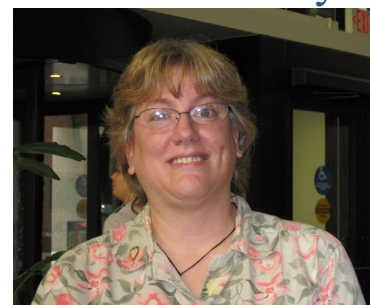
To obtain a copy of the Massachusetts Strategic Plan for Suicide Prevention, email your request to info@masspreventssuicide.org

"Signs" of Peer Support and Recovery for the Deaf Community

By Michelle Cormier
DMH Communications
Coordinator

The DMH Summer Intern program traditionally sponsors high school or college students for an opportunity to learn about the Department of Mental Health, mental illness and various roles and responsibilities we all have in order to forward the DMH mission. Most interns learn job skills they can apply to their studies.

This summer, Valerie Ennis was one intern who came to the program for two very specific purposes: to learn about DMH and in turn help teach DMH staff



trees, being with family, husbands and wives, brothers and sisters. "Just being with someone that means something to you, it makes life important," he said.

Conferences and Events

Massachusetts Department of Public Health, Suicide Prevention Program Workshop

Calendar is now available offering workshops from October through December and will be adding more workshops throughout the year. When registering for a workshop, please note that each event has tabs titled with information regarding the workshop. Space is limited for each workshop and fills up quickly, so please register before the deadline.

The calendar will also be posted on our website:
www.adcare-educational.org

[Click here to view the entire Suicide Prevention Training Calendar](#)

October 5, 2009

The MARION MASON NUTRITION SEMINARS Present "Family Nutrition Counseling" featuring Ingrid Hustrulid, RD, LDN President, Foundations Family Nutrition

3:30 to 4:30 p.m.

Kotzen Room
(First Floor, Library Building)
Simmons College Boston, MA
Refreshments will be served
1 CEU Credit for RDs and DTRs
Please call 617-521-2718
for additional information

October 6, 2009

Ounce of Prevention 2009 Facing the Future: Healthy People, Places, and Policies 8 a.m. to 4 p.m.

Best Western Royal Plaza Hotel and Trade Center
181 Boston Post Rd. West (Route 20 West)
Marlborough, MA [Click her for agenda](#) and [Click here to register](#)

October 8, 2009

Tradewinds annual Celebration of Work

5:30 to 8 p.m., Elm Street Congregational Church (at the corner of Elm and Park) in Southbridge. This is an evening event to which members invite family members, friends, employers, legislators, etc. Members receive recognition for their achievements in employment, furthering their education, and in the daily running of the clubhouse. Please RSVP by contacting Donna Macomber, Cassidy Program Manager at 508-765-9947

and consumers through her own lived experience. Valerie is a student studying computer science at Holyoke Community College. She also works part time and is a single mom of a 12-year-old daughter. If that isn't enough to keep one woman busy, Valerie is also a DMH consumer who is deaf. She worked this summer under the guidance of Lucille Traina, Central Office Mental Health Services Division, who connected her with the Recovery Learning Communities (RLCs) and The Transformation Center.

Valerie has learned through her personal experience that recovery is real. Her goal is to be able to work with others to help them find resources and get on that road also. She led many peer support groups and became an advocate, talking to people about living on her own, learning to accept her diagnosis and using coping skills to prevent relapse. She also talked about her focus on going back to school, getting a part-time job and learning to be organized while at the same time going with the flow.

In her groups, Valerie uses the 6 Stages of Grief: shock, denial, bargaining (with a higher power), anger, guilt and acceptance. She said she has applied these principles to herself and believes that if one can get to the acceptance stage, then one can overcome the barrier of fear of disclosing symptoms to a doctor or attending a peer group.

Valerie has been able to teach DMH staff that peer groups are even more important to individuals who are part of deaf community and who are often excluded from society. She explains that using American Sign Language (ASL) as a primary language means that English is really a second language for the deaf client. Many, she said, have trouble reading, so using a resource like the internet to search for services or reading their medication information becomes difficult or sometimes impossible. Attending a peer group gives consumers a network of people to connect, share experiences with and get resources.

Valerie taught DMH staff some valuable tips when working with deaf consumers: paying extra attention to things often overlooked such as keeping eye contact and really "listening;" avoiding criticism, judgment and oppression; building trust; and avoiding asking a client if they read lips. She also recommends starting out with easy yes-or-no "closed" questions and then progressing to more "open" questions that allow the client to generate answers.

"I want deaf people to trust DMH and have more opportunities for support groups," Valerie signed. "Deaf people need more education in the deaf community. I want for DMH to provide more interpreter services for

October 7, 2009

Education Meeting: Implementation of Children's Behavioral Health Initiative in Berkshire County: Structure of Services

6:30 p.m. Berkshire Community College, Small Theater-K111A Candlelight vigil and refreshments will follow the program For more information call the NAMI-BC office at 413-443-1666

October 10, 2009

Run For Ricky 11th Annual Road Race 5K (3.1miles) To benefit Taunton State Hospital Scholarship Fund

10 a.m. Taunton State Hospital 60 Hodges Ave, Taunton, MA Entry Fee: \$13 for pre-registration by October 1, 2009, or \$16 for registration after October 2, 2009 Entry fee includes commemorative long sleeve T-shirt to the first 100 registered runners.

October 20, 2009

"Counting on Care Work: Human Infrastructure in Massachusetts"

Two discussions: 8:30 a.m. Chancellor's Room, UMass Boston; and 4 p.m., Springfield Institute, Springfield For event details and to RSVP go to www.countingcare.org

October 22, 2009

15th Anniversary of the Center and the 40th Anniversary of the Program for Women in Politics & Public Policy.

5:30 to 8 p.m.

UMass Club, 225 Franklin Street, Boston (Light Supper and Cash Bar)

RSVP by October 8

[Click here](#) to buy tickets and/or become a sponsor

October 29, 2009

Blue Cross Blue Shield of Massachusetts Foundation presents: "Improving Access To Children's Behavioral Health Services" 8 a.m. to noon; The Landmark Center, 401 Park Drive Boston, MA 02215
Registration is free but you must RSVP by calling 617-246-8200 or emailing bcbsrsvp@mjhcomm.com

AND STILL WE RISE! Powerful true stories of struggle and triumph courageously and dramatically told by those directly impacted by violence, addiction, and prison.

PERFORMANCES
Sun, Oct 25, 2009



access to AA groups, support groups, and events. I want the same access for people who use ASL." Valerie will use her internship to continue her skills as an advocate for the deaf community.

Learn more about human rights for individuals who are deaf and hard of hearing in the video "You Can! Human Rights for Deaf and Hard of Hearing People in the State of Massachusetts," now available in the DMH Video Library. You can request to borrow this video by visiting the DMH Intranet under "Publications" in the Video Lending Library.

Mental Health Policy: For Young Adults, By Young Adults

The Young Adult Policy Team was recently established for young adults who are interested in advocacy, policymaking and improving mental health services for youth and young adults. The Policy Team is coordinated by The Transformation Center, a peer-run training, support and advocacy organization, and is sponsored in part by DMH. The purpose of the Policy Team is to give young adults with experience using mental health services the opportunity to advise committees and other work groups by building a community to share peer support, information and skills development. Members are now crafting the team's mission statement and are receiving training and coaching around leadership skills through the Transformation Center.

The idea of forming the Young Adult Policy Team began when two young adults were appointed by EOHHS Secretary JudyAnn Bigby, M.D., to the Children's Behavioral Health Advisory Council, a Council established by the Children's Behavioral Health Law, Chapter 321, and chaired by DMH Commissioner Barbara Leadholm. Since then, seven subcommittees have formed and each of them has supported the voices and presence of young adults at their meetings. Since August, members of the Young Adult Policy Team have been actively attending the subcommittee meetings to provide the young adult perspective while concurrently receiving training and coaching to develop their leadership skills. The Young Adult Policy Team is truly an example of youth voice in action.

**Capital Repertory Theater, 111 N. Pearl St.,
Albany, NY 12207, 7 p.m. and
Tue, Nov 17, 2009
Lasell College, Newton, MA (hall to be
determined), 7 p.m.
Both performances are free and
open to the public**

**INTRODUCTORY WORKSHOPS
Oct 24, & Nov 21 - 4 to 6 p.m.
Project Place, 1145 Washington
St., Boston, MA 02118 (corner of
Washington and Berkeley sts) - Open to
anyone with relevant background
experience interested in possibly joining the
cast. Call 617-780-5062**

**The following fall trainings are being held
by The Bridge in Worcester
All trainings are held at:
Best Western Royal Plaza Hotel, 181 Boston
Post Road West, Marlborough, MA 01752
Information and online registration:
www.thebridgetraininginstitute.org**

**First Response to Traumatic Events:
Psychological First Aid
Robert Macy, Ph.D. & Larry Berkowitz, Ed.D.
- October 15, 2009 - 9 a.m. to 3:30
p.m. This workshop will provide practical
information to safely and efficiently respond
to people who have suffered a traumatic
experience and will include in-depth
information on three primary intervention
techniques: Psychological First Aid; The
Stabilization Group and; The Coping Group
that are directly relevant to clinicians and
school personnel.**

**New Developments in Understanding and
Treating Non-Suicidal Self-Injury
Barry Walsh, Ph.D. - November 5, 2009 - 9
a.m. to 3:30 p.m.**

**One of the most challenging problems for
clinicians and other professionals is dealing
effectively with non-suicidal self-injury. Of
special concern is that self-injury has
recently moved from clinical populations
such as those served in hospitals and group
homes to the general population including
middle, high school and college students.**

**This presentation will focus on
understanding, managing and treating
diverse forms of self-injury. Self-injury will
be distinguished from suicidal behavior in
terms of a number of key characteristics.
Eight levels of care in the management and
treatment of self-injury will be reviewed.**

Gay, Lesbian, Bisexual and Transgender



The Young Adult Policy Team held its first introduction and group interview recently at Ashburton Place. In this photo are some of the 24 team members.

Clark University marks centennial of Freud visit



This month, Clark University in Worcester will commemorate the 100th anniversary of Sigmund Freud's historic visit to Clark, his only visit to the United States, his only lecture at a university in the Americas, and his only honorary degree from a North American institution.

After arriving in and touring New York in late August 1909, Freud and others sailed to Fall River to board a train for Worcester. They joined many notable scientists for the famous Clark Conferences, organized by then Clark president by G. Stanley Hall to mark the 20th anniversary of the research university.

At the time, the conference attracted nationwide attention. Other participants included such influential thinkers as Carl Jung, Ernest Rutherford and Franz Boas. Audience members included William James, who had a long conversation with Freud on the campus, and Emma Goldman, who writes about the event in her memoirs, describing "the array of professors, looking stiff and important in their caps and gowns." The conferences garnered some colorful reportage of the day in Boston, New York and Worcester. The Worcester paper wrote: "All Types at Clark ... Men with Bulging Brains Have Time for Occasional Smiles."

To mark the centennial of this famous occasion, some of the world's leading scientists will gather at Clark this fall to explore the workings of the mind and new developments in the study of brain and genetics, the psychological approach, and how thought, motivation and emotion play a role in behavior.

Youth: Informed Clinical Practice, Risk Management & Suicide Prevention
Effie Malley, M.P.A.; Leigh Powers; Patricia Lemley, M.A.; & Laura Farnsworth -
December 3, 2009 - 9 a.m. to 3:30 p.m.

This training will address a range of practical issues critical to providing sensitive and informed care to gay, lesbian, bi-sexual and transgendered (GLBT) youth. The workshop will emphasize what you need to know when working with GLBT youth including terminology, recent research findings, and recommendations for schools, programs and practice. The workshop will present a new action-oriented toolkit, developed by the national Suicide Prevention Resource Center, on preventing suicide and suicidal behavior among LGBT youth. Participants will have access to the toolkit, so they can further disseminate the training throughout their own organizations.



Think before you print

We will be posting ***DMH Connections*** on
DMH's intranet site

The academic conferences, from Oct. 3 to 5, form the centerpiece of Clark's centennial commemoration, "Great Minds Come to Clark - Freud Revisited." A "Global Freud" symposium and President's Lecture will be held in November.

The public is invited to the following free, public lectures:

Sophie Freud, professor emeritus of social work at Simmons College, will present a talk and selected readings from her book, "[Living in the Shadow of the Freud Family](#)," beginning at 8 p.m. Saturday, Oct. 3, in the Daniels Theater, Atwood Hall, Downing Street, Worcester.

Professor Freud, previously a practicing clinical social worker and supervisor, was born in Vienna and lived near her famed grandfather Sigmund Freud until she emigrated with her mother, first to France and then to the United States. Sophie Freud attended Harvard College and Simmons School of Social Work. She continues teaching and writing in her retirement.

"Electrotherapy Then and Now: Psychoanalysis and Contemporary Treatments in Psychiatry" is the topic of a public lecture by Global Freud Symposium keynote speaker Sander Gilman, presented at **8 p.m. Saturday, Nov. 21**, in Razzo Hall, Traina Center for the Arts, 92 Downing Street.

A cultural and literary historian, author and editor, Gilman is a distinguished professor of the Liberal Arts and Sciences as well as Professor of Psychiatry at Emory University, where he is the Director of the Program in Psychoanalysis and the Health Sciences Humanities Initiative. Gilman is currently working on a biography of Sigmund Freud.

For more information on the 1909 conference and details about the 2009 commemoration, visit Clark's Freud Centennial website:
<http://www.clarku.edu/micro/freudcentennial/>

Articles of Interest

[Marking the passage of time](#)

Patricia H. Bazemore, MD and Stephen M. Soreff, MD, Behavioral Healthcare

"As Massachusetts builds a new state hospital, a historic clock tower serves as an important connection to the past."

[Help is nearby](#)

Editorial, Cape Cod Times

"In Barnstable, community health and support groups have met to address suicide prevention techniques."

[Steps can be taken to prevent suicide](#)

Elaine Thompson

Worcester Telegram & Gazette

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